



THE PRESIDENT'S COUNCIL
ON PHYSICAL FITNESS
AND SPORTS

2001-2002

New and
Revised

The President's Challenge

Physical Activity and Fitness Awards Program

Featured in this packet
are the following 2001-2002
President's Challenge Materials:

Now you can choose from any of our
three program areas!

NEW

- ★ **Active Lifestyle Program**
- ★ **Physical Fitness Program**
- ★ **Health Fitness Program**

(Administer one or all three)

Also enclosed in the packet is a
new President's Challenge poster.

This brochure is available
in Spanish.



You Can Do It!

Now there are five ways to earn Presidential awards
& have fun!

Take the President's Challenge

www.fitness.gov and www.indiana.edu/~percchal

The President's Challenge is a program of the President's Council on Physical Fitness and Sports, U.S. Department of Health and Human Services



ACTIVE LIFESTYLE

PHYSICAL FITNESS

HEALTH FITNESS

Active Lifestyle Program

Physical Fitness Program

Health Fitness Program

Thanks!

The new Presidential Active Lifestyle Award resulted from the work of many individuals—President's Council on Physical Fitness and Sports (PCPFS) Council Members and staff, consultants, and volunteers:

A PCPFS President's Challenge Workgroup was established by then PCPFS Co-chairs Florence Griffith Joyner and Tom McMillen in 1995 and consisted of:

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Special thanks to Dr. Bob Pangrazi who took the ideas from the PCPFS President's Challenge Working Group and made them operational, attractive, and feasible for implementation in the real world. Bob's experience working with teachers and students was invaluable as he helped design the Presidential Active Lifestyle Award.

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Printed on Recycled Paper.



THE WHITE HOUSE
WASHINGTON

May 28, 2001

I am delighted to send warm greetings to all those teachers, youth leaders, and administrators participating in the President's Challenge Physical Activity and Fitness Awards Program.

Education is a top priority of my Administration. In order for our young people to pursue their dreams, they must be prepared academically. Additionally, developing a healthy and fit lifestyle will help our young people develop into productive, successful, happy, and fulfilled adults.

At increasingly early ages, children are developing physical problems that are often tied to inactivity and obesity. School principals and teachers, along with parents, are important motivators and role models for our children. Through your instruction and encouragement, young people can learn to appreciate the benefits of regular physical activity, sound eating habits, and other healthy behavior. Concentration on physical fitness will aid in developing self-esteem and in avoiding destructive behavior, such as drug or alcohol use.

The President's Challenge Physical Activity and Fitness Awards Program is designed to assist you in inspiring children and teenagers to become physically active and fit. I am pleased to be the first President to offer the Presidential Active Lifestyle Award, recognizing consistent physical activity in and out of school. The five awards in the President's Challenge can be used to promote regular exercise among young people that can lead to improved health and better fitness.

Today, your work is more important than ever. I am joined in thanking you for your continuing efforts to create a healthy future for our children. Best wishes for a successful program in the coming school year.

George W. Bush



THE PRESIDENT'S COUNCIL
ON PHYSICAL FITNESS
AND SPORTS

A Message from The President's Council on Physical Fitness and Sports:

The President's Council on Physical Fitness and Sports (PCPFS) is pleased to present the 2001-2002 President's Challenge Physical Activity and Fitness Awards Program. This school-based program encourages America's youth from the ages of six through seventeen to begin and continue daily exercise and activity (new Presidential Active Lifestyle Award), to reach healthy levels of cardiovascular endurance, body composition, muscular strength/endurance, and flexibility health fitness (Health Fitness Award), and to strive for high levels of fitness (Presidential, National and Participant Physical Fitness Awards).

School physical education programs such as the ones offered in your school may often be a child's only opportunity to participate in safe, supervised physical activities, including sports. We of the President's Council on Physical Fitness and Sports are extremely concerned about the increasing rate of physical inactivity among our nation's children. As a physical education professional working in a school environment, you are fighting in the front lines to counter this alarming trend. With your assistance and guidance, all children and youth will be able to find an award that is obtainable and challenging!

School administrators, teachers and parents are the key motivators of America's children. We encourage you to make use of the President's Challenge in helping our nation's youth learn physical activity and fitness skills to last a lifetime. We strongly suggest that you offer the President's Challenge to all children in your school regardless of individual abilities and special needs. The program offers each student the chance to reach personal fitness goals through five levels of awards: the NEW Presidential Active Lifestyle Award, the Presidential, National, and Participant Physical Fitness Awards, and the Health Fitness Award. By providing separate levels of presidential recognition, the PCPFS hopes to ensure physical activity and fitness success for each participant.

We thank you for your continued efforts to counter the alarming health problems resulting from childhood physical inactivity and obesity, and we applaud you for your hard work to teach America's young people health and fitness habits to last a lifetime.

You can find fitness information and links to other physical activity/fitness web sites and resources on our two web sites: <http://www.indiana.edu/~preschal> and <http://www.fitness.gov> or you can write to us at: PCPFS, 200 Independence Ave., SW, Room 738H, Washington, DC 20201.

HUBERT H. HUMPHREY BUILDING
ROOM 738H • 200 INDEPENDENCE AVENUE, S.W. • WASHINGTON, D.C. 20201
PHONE: 202-690-9000 FAX: 202-690-5211

Fitnessisfun!

This e-mail will keep you informed on The President's Challenge, activities of the President's Council on Physical Fitness & Sports, and on current topics in health and fitness.

To subscribe:

Send an e-mail to
majordomo@indiana.edu

Leave the subject line blank.

In the text of the message type the following:
subscribe fitnessisfun (make sure to turn
off/or delete any automatic footers).

PCPFS Research Digest

The PCPFS Research Digest is a quarterly publication that discusses current research in the field of physical activity and fitness. The Research Digest is now available in a downloadable version from The President's Challenge website. This e-mail will notify you when the current issue of the Research Digest is available on the website.

To subscribe:

Send an e-mail to
majordomo@indiana.edu

Leave the subject line blank.

In the text of the message type the following:
subscribe pcpfstdigest (make sure to turn
off/or delete any automatic footers).

For
information
on any of our
three programs
visit
The President's
Challenge
Website

The President's Council
on Physical Fitness and Sports

Website Address
www.fitness.gov

The President's Challenge

E-mail Address
preschal@indiana.edu

Website Address
<http://www.indiana.edu/~preschal>

Program Overview

One of the most important messages of the new century is: **Physical activity and fitness are essential for the highest quality of life for individuals of all ages.** The importance of regular physical activity is recognized by:

- *Healthy People 2010* goals, where 15 physical activity and fitness objectives are outlined and physical activity is one of the top ten leading health indicators;
- *Dietary Guidelines*, which emphasize the importance of activity along with healthy nutrition;
- *Physical Activity and Health: Report of the Surgeon General*, which concludes that physical activity is beneficial for all individuals;
- *Research* by scholars from many disciplines related to medicine and exercise science;
- *Position and consensus statements* by scientific and professional organizations.

One of the primary purposes of The President's Challenge has been to motivate children and youth age 6-17 to begin and continue an active lifestyle by providing awards for reaching appropriate fitness levels. This year, The President's Challenge includes recognition and awards for children and youth to be active—the Presidential Active Lifestyle Award (PALA). Not every student can play on a varsity athletic team or obtain a particular fitness award, however, individuals of all fitness and skill levels can achieve the PALA by participating in activities for at least sixty minutes, five days per week, for six weeks. It is our hope that doing the activity to receive this award will be the start of an active lifestyle that will continue throughout their lives.

The President's Council on Physical Fitness and Sports continues its long-standing tradition of promoting physical activity and fitness for children and youth. The Council now has five awards that teachers and health professionals can offer students. This battery of awards should encourage teachers to recognize students for a number of accomplishments related to physical activity and fitness. Those students who achieve high levels of fitness can earn the Presidential or National Physical Fitness award. Other students can be rewarded for participating in the physical fitness award test experience or for achieving a healthy standard of physical fitness. And now a new award has been added to The President's Challenge, the **Presidential Active Lifestyle Award**. The PCPFS believes that all children and youth should be rewarded for participating in regular daily physical activity. This award will allow youth to be recognized for participating in daily physical activity. One or more of these awards should meet the needs of all teachers and physical activity instructors. A short description of each award follows:

The success of the physical activity, physical fitness, and health fitness elements of The President's Challenge depends on the enthusiasm, knowledge, and role modeling by physical educators and other youth leaders. This is a unique opportunity for you to help all the children and youth in your program earn activity and/or fitness awards to enhance their health and fitness.

The Presidential Active Lifestyle Award (PALA)

rewards an active lifestyle. The PALA is an embroidered blue presidential emblem and a certificate signed by the President of the United States. Students who are active for 60 minutes per day, five days per week, for six weeks are eligible for this award. They are encouraged to repeat their participation throughout the year, earning a series of stickers placed on the certificate indicating the number of times the award has been won.



The Presidential Physical Fitness Award (PPFA),

recognizing an outstanding level of physical fitness.

The PPFA consists of an embroidered blue Presidential emblem and a certificate signed by the President of the United States. Boys and girls who score at or above the 85th percentile on all five items of The President's Challenge: (curl-ups or partial curl-ups, shuttle run, endurance run/walk 1/4 mile—6-7 year old, 1/2 mile—8-9 year old, 1 mile—10-17 year old, pull-ups or right angle push-ups, V-sit reach or sit and reach) are eligible to receive the award. **Emblems are numbered to correspond with the total number of times the award is earned.** An emblem without a numeral also is available.



The National Physical Fitness Award (NPFA),

for achieving a basic, yet challenging level of physical fitness.

The NPFA recognizes a basic yet challenging level of physical fitness. Boys and girls scoring at or above the 50th percentile on all five items on The President's Challenge are eligible to receive this award. The award consists of an embroidered red emblem, similar to the PPFA but without the number indicating how often the award is earned. A National certificate of achievement is offered as an alternative to the emblem. (NOTE: students who cannot do one pull-up must meet the standard set for the flexed-arm hang in order to earn the NPFA. At the 50th percentile level for pull-ups, the 1985 School



Population Survey shows 0 scores for 6-year old boys and for girls all age levels. The one pull-up standard has been substituted for these zeros to encourage the development of arm and shoulder girdle strength and endurance in boys and girls.)

The Participant Physical Fitness Award (PA), for students whose scores fall below the 50th percentile on one or more of the test items.

The Participant Award recognizes boys and girls who attempt all five test items on The President's Challenge but whose scores fall below the 50th percentile on one or more of them. Students are eligible to receive an embroidered Participant emblem or Participant certificate. The Participant Award emblem is white with gold trim and slightly smaller than the National Award emblem.



The Health Fitness Award (HFA), for students who reach a healthy level of fitness.

The Health Fitness Award (HFA) recognizes students who achieve a healthy level of fitness. As with the physical fitness awards, the Health Fitness Award is given based on the results of a five item assessment: (partial curl-ups, one mile run/walk: 1/4 mile 6-7 year old, 1/2 mile 8-9 year old, 1 mile 10-17 year old, V-sit: sit and reach, right angle push-ups or pull-ups and a measurement of body mass index). Body Mass Index is an easy way, based on height and weight, to estimate body composition without actually measuring body fat. Students are eligible to receive an embroidered grey emblem and/or certificate.



These five individual awards, along with the long-standing State Champion Award for schools that qualify the highest percentage of students for the PPFA, are awards of the President's Council on Physical Fitness and Sports and bear the signature of the President of the United States.

The Presidential Active Lifestyle Award is based on the latest research indicating that everyone should engage in regular physical activity for a minimum of sixty minutes per day. Active individuals of all ages derive the benefits of enhanced health and fitness. This new award is different because it directly reinforces an active lifestyle itself rather than fitness outcomes.

The President's Challenge test battery (see page 9) is based primarily on data from the 1985 PCPFS National School Population Fitness Survey conducted for the PCPFS

by the University of Michigan Institute for Social Research. Standards for some of the test item options are derived from other sources, including the Amateur Athletic Union Physical Fitness Program and the Canada Fitness Award Program, Health Canada, Government of Canada with permission. **Award standards were most recently validated in 1998 by means of comparison with a large nationwide sample collected in 1994.**

The National Physical Fitness Award (NPFA), now in its twelfth year, is designed to motivate all youngsters to achieve a basic but challenging level of fitness.

The Participant Award, now in its tenth year, was added to the awards program to help motivate youngsters to strive for a higher level of fitness. The Presidential, National, and Participant Awards are available to boys and girls with disabilities or special needs based on criteria outlined on page 4 of this booklet.

The Health Fitness Award, now in its sixth year, recognizes those students who maintain a "healthy level of fitness."

The PCPFS recommends that the assessment battery be used as a part of a fitness education program. Additional tests of health and fitness, such as blood pressure, posture checks, and height/weight can be used to supplement The President's Challenge Program. Quality physical education programs utilize a variety of assessments and incorporate the results into meaningful and motivational lesson plans. These tests should be administered at the end of a fitness unit in which students learn the reason for the tests and are prepared to take the test items. Teachers may want to evaluate students at the beginning of the year to provide a baseline for them. **It is important that students be given preparation for taking the tests whenever they are given.** Before conducting The President's Challenge, or any youth fitness test, each child's medical status should be reviewed to identify medical, orthopedic or other health problems that should be considered prior to participation in physical activities, including testing.

Schools are encouraged to administer the program(s) to students at **every** grade level. If that is not possible, the PCPFS recommends that school systems decide on specific grade levels (e.g., grades 4, 7, and 10) at which **all** students in the system will be carefully evaluated.

For additional information please write the PCPFS:
PCPFS, 200 Independence Avenue, S.W., Room 738H,
Washington, DC 20201. General PCPFS line: 202-690-9000.
Fax: 202-690-5211.
Web site address: www.fitness.gov

For program information and inquiries:
E-mail address: preschal@indiana.edu
Web site address: <http://www.indiana.edu/~preschal>

Accommodating Students with Disabilities

Students with disabilities or special needs have the right to an individualized physical fitness program. Thus, the PCPFS includes suggested guidelines for accommodating these students in its President's Challenge Physical Activity and Fitness Awards Program. These students can be motivated to develop lifetime habits of appropriate physical activity through recognition of achievement in physical fitness. The suggestions for accommodation have been prepared to permit boys and girls with disabilities, ages 6-17, not only to be acknowledged for their achievement, but to qualify for the Presidential Active Lifestyle Award, the



Presidential, National, the Participant Physical Fitness, or the Health Fitness Awards in The President's Challenge Physical Activity and Fitness Awards Program.

Teachers, or fitness leaders, may decide that other students, without identified disabilities, also need accommodations in one or more of the test categories or awards. Making accommodations is consistent with the goal of providing motivation for life-long physical activity through physical fitness achievement.

Qualified instructors, using their professional judgment, may qualify students who do not reach PCPFS standards on one or more of the test items in the awards program. For questions or information concerning these guidelines, please call our Toll Free Number: 1-800-258-8146.

These Modifications Apply to All Awards

Guidelines for Qualifying Students with Disabilities for the Presidential Active Lifestyle, Presidential, National, Participant Physical Fitness, or the Health Fitness Award

1. The instructor has reviewed the individual's records to identify medical, orthopedic, or other health problems which should be considered prior to participation in physical activities including physical fitness testing.
2. The individual has a disability or other problem that adversely affects performance on one or more test items.
3. The individual has been participating in an appropriate physical fitness program that develops and maintains cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
4. The instructor has administered all five test items for the Physical Fitness Awards program or the Health Fitness Award program, making needed modifications or substituting alternative test items for the individual, or has modified any of the requirements for the Presidential Active Lifestyle Award program (i.e., modification of time requirements or number of steps).
5. The instructor judges that the individual has been tested on all five test items and/or in each of the five fitness categories and has performed at a level equivalent to a Presidential, National, Participant Physical Fitness, or the Health Fitness Award and/or The Presidential Active Lifestyle Award.



Physical Fitness Demonstration Centers

The President's Council on Physical Fitness and Sports (PCPFS) invites all states to participate in the demonstration center project. It aims to focus attention on individual schools, recognized by State Departments of Education, which have outstanding programs of physical education that contribute to students' physical fitness. For details about participation, or to be recognized, please visit our web site at <http://www.indiana.edu/~preschal>.

Instructions for the Presidential Active Lifestyle Program

NEW Presidential Active Lifestyle Award (PALA)

Importance of Physical Activity

The President's Council on Physical Fitness and Sports is pleased to announce the new Presidential Active Lifestyle Award. Physical activity is one of the most important behaviors to ensure one's health and well-being throughout life. The President, Surgeon General, and professional organizations, such as the American Heart Association, American Association of Pediatrics, and the American College of Sports Medicine, all strongly support an active lifestyle beginning at a young age. For example, the Secretary of the U.S. Department of Health and Human Services stated in the preface to the Surgeon General's Report on Physical Activity and Health: "Its [SG report] key finding is that people of all ages can improve the quality of their lives through a lifelong practice of moderate physical activity." In addition, physical activity is one of the top ten leading health indicators identified in the Healthy People 2010 goals for the nation. The specific physical activity and fitness goals for Healthy People 2010 include daily physical activity and regular strengthening, stretching and aerobic activities for all ages.

The health benefits of regular physical activity have been emphasized in many ways, such as the Healthy People 2010 Health Goals for the Nation:

The 1990s brought a historic new perspective to exercise, fitness, and physical activity by shifting the focus from intensive vigorous exercise to a broader range of health-enhancing physical activities. Research has demonstrated that virtually all individuals will benefit from regular physical activity. A Surgeon General's report on physical activity and health concluded that moderate physical activity can reduce substantially the risk of developing or dying from heart disease, diabetes, colon cancer, and high blood pressure. (HP 2010, 22-3).

Much of the research on physical activity has demonstrated the health benefits derived in the adult years, however, it is recognized that an active lifestyle should begin early in life.

The health benefits of moderate and vigorous physical activity are not limited to adults. Physical activity among children and adolescents is important because of the related health benefits (cardiorespiratory function, blood pressure control, and weight management) and because a physically active lifestyle adopted early in life may continue into adulthood. (HP 2010, 22-23).

Need for Physical Activity Now

In spite of the increased public awareness of the importance of physical activity, there are some alarming trends in our nation's schools. Physical Education has been drastically reduced across the nation in the past two decades. In addition, obesity and diabetes among children and adolescents is increasing while the amount of walking and bicycling is decreasing—increased academic demands, increased hours spent in sedentary activities (e.g., watching TV), and decreased opportunities for activity in schools and communities have resulted in children and youth becoming less active.

Sports continue to be an important part of the American culture, so there are many opportunities for youth who are athletically gifted. However, many children do not have the ability or interest to participate at elite levels. These children and youth need to be encouraged to find enjoyable activities that can make ongoing contributions to their quality of life.

Achieving high levels of physical fitness has motivated many children and youth to work hard to maintain their fitness. However, because there is a substantial genetic component for each of the physical fitness components, large numbers of children and youth will never be able to achieve the highest levels when tested on fitness test items.

The President's Council on Physical Fitness and Sports will continue to support participating in sports and maintaining one's physical fitness. The purpose of this new award is to recognize all individuals who perform moderate to vigorous physical activity almost every day. The emphasis of this award is to acknowledge lifestyle activity such as walking, biking, and raking leaves and teach all youngsters to include these activities, along with physical education and sports, in their daily patterns of life.

Definition of Physical Activity¹

The goal of the **Presidential Active Lifestyle Award** is to acknowledge children and youth who demonstrate an active lifestyle. **Physical activity** is an umbrella term that covers all types of activity. It is defined as "any bodily movement produced by skeletal muscles that results in energy expenditure." In practical terms, it implies moving using large muscle groups as contrasted to sitting or lying down.

Lifestyle activities for children and youth include active play and games involving the large muscles of the body. Climbing, tumbling, and other activities that require lifting the body or re-locating the body in space are desirable activities when they can be performed safely. Physical activity for children is typically intermittent in nature rather than continuous for long periods of time without stopping. Lifestyle activities also include other daily activities such as walking to school and doing chores around the home.

When children reach the middle school years, lifestyle activity may become more structured as group activities become important to them. Youth are much more capable of continuous activity and are often willing to become involved in structured activities. Again, the key is large muscle movement as opposed to sitting or lying down. Activities such as playing video games do not qualify for lifestyle activity because large muscle groups are not used to move the body.

Basis for Award

This new award was developed to recognize those children and youth who begin and continue regular physical activity as a part of their lives in school and at home. Although daily physical activity will help improve the components of physical fitness (which are the basis for other awards in The President's Challenge), establishing an active lifestyle receives direct recognition through this award.

Characteristics of the PALA Award

The characteristics of the PALA are designed to motivate children and youth to begin and maintain physical activity as a regular part of their lifestyle:

Based on Research Findings. A minimum of 60 minutes of physical activity or an accumulation of 11,000 pedometer steps for girls or boys per day is the standard for a healthy base. This activity should be accumulated at least 5 days a week.

¹Pate R, et al.: Physical activity and public health. *Journal of the American Medical Association* 273(5):402-407, 1995.

Special thanks to Dr. Bob Pangrazi for his tireless efforts in making the PALA a reality!

Choice. Participants may choose activities that are fun and enjoyable.

Everywhere. The activities can be done in school, at home, in parks, or any other place where one can be active.

Social Environment. The activities can be done alone, with family, with friends, or as part of a team.

Challenge. Participants may pick activities that are highly competitive, require cooperation with others, or something just for fun.

Success. Every child or adolescent can receive this award through her or his own effort. It is not dependent on a set level of skill or fitness, nor on what others do or don't do. There could be 100% success rate.

Requirements for PALA Award

The requirements for the PALA are simple, yet they can lead to improved health status for many children and youth.

Type of Activity. Any activity that causes all or most of the body to move, resulting in increased heart rate and breathing, can be chosen. Activities can be done alone, in physical education classes, on a team, or with friends or family.

Amount of Activity. There are two ways to keep track of physical activity for this award. One way is to accumulate a minimum of 60 minutes of physical activity. This activity can be done at one time for 60 minutes or the minutes of activity can be accumulated in shorter segments throughout the day. Another way to measure your activity is to use a pedometer. The pedometer measures the number of steps taken during the day. The number of pedometer steps that must be reached anytime throughout the day is 11,000 for girls and boys. (*Pedometers are available from The President's Challenge — See page 20*)

Frequency. Five days a week is the minimum standard for the award.

Number of Weeks. Six weeks of five days per week is the standard for the award.

Earning Additional PALA Awards

The participants are encouraged to continue earning additional awards by repeating 60 minutes of activity or meeting the pedometer step count goal, 5 days per week, for 6 week periods.

How to Implement the PALA Award

This award is designed to be used in many settings by teachers, parents, recreation leaders, and others working with children and adolescents.

Explain the Goal of the Program. It is important that the participant understand why physical activity is important. In addition, the goal of the award should be shared with other teachers, parents, and recreation leaders.

Explain the Requirements. The following requirements are easily understood:

- Physical Activities recorded
- 60 min. per day or 11,000 pedometer steps for girls or boys
- 5 days per week
- 6 weeks
- Weekly signatures of participant. Final signature of supervising adult attesting to qualification

Complete Activity Log. The activities can be recorded in a log (see sample on page 8), or a form can be downloaded from the web site: www.indiana.edu/~preschal/palaform.pdf

Awards. The awards include a certificate, a patch, and a sticker for each six weeks. A special sticker is available for winning five awards in one year.

Submit Order Form for Awards. The order form (see page 22) should be completed and sent to the address shown there. Students **should not** be asked to pay for their own award.

Implementation Tips

There are many ways that you can encourage children to begin and continue physical activities. Adults should be positive and active *role models*. Let children *choose* activities that they *enjoy*. Include activities that can be *easily done* without others or equipment. Encourage *outdoor* activities. Participation in *all activities* should be counted. Some children and youth will find it easier to be active at the *same time each day*, and to *record the day's activities* at the end of the day. When possible, distribute the *awards in a public* setting to give wide recognition to those who have been active for six weeks.

Qualifying Standards for the Presidential Active Lifestyle Award

- Complete at least **60 minutes** of physical activity each day or 11,000 pedometer steps for girls or boys
- **Record activity** on log sheet
- Be active at least **5 days each week**
- Verify by signing log each week
- Continue being active for **six weeks**
- Ask **supervising adult** to review and verify activity by signing the application form
- Complete and submit **application** for PALA (see page 22 for order form)

A sample log follows. Blank log sheets that can be copied for the students are on pages 8, or can be printed from the web site: www.indiana.edu/~preschal/palaform.pdf.

Setting Personal Activity Goals

Children and youth like to see personal accomplishment as evidenced by reaching personal goals. When goals are reached, the resulting positive feelings lead to increased self-esteem related to physical competence. The best goals are those youngsters set for themselves. These goals should be specific, offer personal challenge, and be self-referenced (not compared to others). A few key points when helping students set personal activity goals.

- Help youngsters set realistic goals.** The best goals are slightly out of reach so students think they can reach them with requisite effort. Failing to reach a goal is discouraging, so students should be given guidance to assure reaching the goal is possible.
- Set short-term goals.** Children and youth live for the moment. Goals must be meaningful and able to be reached in the near future. If a goal is reached, another can always be set.
- List the goal in written form.** Teach students to write their goals and put them in a place where they can see them every day. A goal should list the desired behavior needed to signal accomplishment of the goal. The goals should be simple and restricted to one major behavior.

The following are some examples of activity goals:

- "I will play soccer with my friends for 60 minutes each day for one week."
- "Each week, I will increase my activity time by 5 minutes until I reach 60 minutes a day."
- "Each week, I will spend two days practicing a new activity I want to learn (rope jumping)."
- "I will put on my pedometer first thing in the morning and take it off before I go to bed. I will gather 11,000 steps today."



What is the Presidential Active Lifestyle Award?

The **Presidential Active Lifestyle Award** is an award you can earn by keeping track of any physical activity that you do. By earning this award you can learn the good habit of keeping active every day. Being physically active makes you healthy, gives you energy, and is just plain fun. Here's how to do it!

How to Earn this Award

(Follow these steps . . .)

There are two ways to keep track of physical activity for this award. One way is to accumulate a minimum of 60 minutes of physical activity. This activity can be done at one time for 60 minutes or the minutes of activity can be accumulated in shorter segments throughout the day. Another way to measure your activity is to use a pedometer. The pedometer measures the number of steps taken during the day. The number of pedometer steps that must be reached anytime throughout the day is 11,000 for girls and boys.



You may do many different types of activity, but you must gather 60 minutes of activity or enough pedometer steps at least 5 days per week.



Record your activity or steps every day for six weeks (see example).



At the end of each week verify your log by signing your name.



When you have completed all six weeks, fill out and have supervising adult sign the verification on this page.



Congratulations! You have earned the **Presidential Active Lifestyle Award**.

Directions for Recording Physical Activities

Example

| Week 1 | Activities | # Minutes or Pedometer Steps |
|-----------------------|---------------------------------------|------------------------------|
| Monday | Rode Bicycle, Skate Board | 70 |
| Tuesday | Pedometer | 12,050 |
| Wednesday | Dance Lessons, Walk the Dog | 75 |
| Thursday | Pedometer | 11,177 |
| Friday | Roller Blading, Street Hockey | 65 |
| Saturday | Scooter Riding, Soccer | 75 |
| Sunday | Went to Park w/family, Karate Lessons | 60 |
| Participant Signature | | |

Other activities that count might include any teams that you play on, active games with your friends or any other activity that takes effort.



For more information about the **Presidential Active Lifestyle Award** visit our website at:
www.indiana.edu/~preschal

Verification

I would like to submit my form for the **Presidential Active Lifestyle Award**. I have completed the following requirements to earn this award.

_____ I have performed at least 60 minutes of activity or 11,000 pedometer steps for at least five days each week.

_____ I have performed my physical activities for at least 6 weeks.

I certify that I have accomplished the requirements necessary for the **Presidential Active Lifestyle Award**.

Participant Signature

Supervising Adult's Signature



Active Lifestyle Log



Name _____ Grade _____

Instructor _____ Period _____

| Week 1 | Activities | # Minutes or Pedometer Steps |
|-----------------------|------------|------------------------------|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Participant Signature | | |

| Week 2 | Activities | # Minutes or Pedometer Steps |
|-----------------------|------------|------------------------------|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Participant Signature | | |

| Week 3 | Activities | # Minutes or Pedometer Steps |
|-----------------------|------------|------------------------------|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Participant Signature | | |

| Week 4 | Activities | # Minutes or Pedometer Steps |
|-----------------------|------------|------------------------------|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Participant Signature | | |

| Week 5 | Activities | # Minutes or Pedometer Steps |
|-----------------------|------------|------------------------------|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Participant Signature | | |

| Week 6 | Activities | # Minutes or Pedometer Steps |
|-----------------------|------------|------------------------------|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Participant Signature | | |

Congratulations! Now that your log is complete, please return it to your supervising adult.

Instructions for the Physical Fitness Program

For use when qualifying students for the Presidential, National and Participant Awards

Directions:

Before performing the following tests, all students should be taught the correct techniques for all tests, including proper pacing and running style. There is no limit to the number of tries students may have on each test item. Physical fitness testing is most effective when it is part of a comprehensive physical education program that supports testing with educational and motivational information. **Please use the age of the student at the start of testing when determining award levels.**

Testing Tips: For testing tips on each event you can visit our website at: www.indiana.edu/~preschal.

1. Curl-ups (For testing only - not training)

Objective: To measure abdominal strength/endurance by maximum number of curl-ups performed in one minute.

Testing: Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest.



Keeping this arm position, student raises the trunk curling up to touch elbows to thighs and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up. To start, a timer calls out the signal "Ready? Go!" and begins timing student for one minute. The student stops on the word "stop."



Scoring: "Bouncing" off the floor is not permitted. The curl-up should be counted only if performed correctly. See page 13 for qualifying standards.

OR 1a. Partial Curl-ups

Objective: To measure abdominal strength/endurance by maximum number of curl-ups.

Testing: Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. The feet are **not** held or anchored. Arms are extended forward with fingers resting on the legs and pointing toward the knees. The student's partner is behind the head with hands cupped under the student's head. The student



being tested curls up slowly sliding the fingers up the legs until the fingertips touch the knees, then back down until the head touches the partner's hands. The curl-ups are done to a metronome (or audio tape, clapping, drums) with one complete curl-up every three seconds, and are continued until the student can do no more in rhythm (has not done the last three in rhythm) or has reached the target number for the PPFA.



Scoring: Record only those curl-ups done with proper form and in rhythm. See page 13 for qualifying standards.

Rationale: The partial (abdominal) curl-ups, done slowly with knees bent and feet not held, replace the timed curl-ups because they are a better indicator of the strength and endurance of the abdominal muscles.

(continued on next page)

2. Shuttle Run

Objective: To perform shuttle run as fast as possible.

Testing: Mark two parallel lines 30 feet apart and place two blocks of wood or similar object (approximate size of 2"x2"x4") behind one of the lines. Students start behind opposite



line. On the signal "Ready? Go!" the student runs to the blocks, picks one up, runs back to the starting line, places block behind the line, runs back and picks up the second block and runs back across starting line.



Scoring: Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second. See page 13 for qualifying standards.

3. Endurance Run/Walk

Objective: To measure heart/lung endurance by fastest time to cover a measured distance.

Testing: On a safe distance, students begin running on the count "Ready? Go!" Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.



Scoring: Before administering this test, students' health status should be reviewed. Also, students should be given ample instruction on how to pace themselves and should be allowed to practice running this distance against time. Sufficient time should be allowed for warming up and cooling down before and after the test. Times are recorded in minutes and seconds.

For 6-7 years old ... 1/4 mile

For 8-9 years old ... 1/2 mile

For 10-17 years old ... 1 mile

Distances for younger children are 1/4 mile for 6-7 years old, and 1/2 mile for 8-9 years old. The same objective and testing procedures are used as with the mile run. See page 13 for qualifying standards.

Rationale: Youngsters should develop positive attitudes toward the run/walk. The goal is to teach learning to run at a consistent pace. Time standards are not recommended for young children.

4. Pull-ups

Objective: To measure upper body strength/endurance by maximum number of pull-ups completed.

Testing: Student hangs from a horizontal bar with arms fully extended and feet free from floor, using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body). Small students may be lifted to starting position. Student raises body until chin clears the bar and then lowers body to full-hang starting position. Student performs as many correct pull-ups as possible.



Scoring: Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement. See page 13 for qualifying standards.

OR 4a. Right Angle Push-ups

Objective: To measure upper body strength/endurance by maximum number of push-ups completed.

Testing: The student lies face down on the mat in push-up position with hands under shoulders, fingers straight, and legs straight, parallel, and slightly apart, with the toes supporting the feet. The student straightens the arms, keeping the back and knees straight, then lowers the body until there is



a 90-degree angle at the elbows, with the upper arms parallel to the floor. A partner holds her/his hand at the point of the 90-degree angle so that the student being tested goes down only until her/his shoulder touches the partner's hand, then back up. The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until the student can do no more in rhythm (has not done the last three in rhythm) or has reached the target number for the PPFA.

Scoring: Record only those push-ups done with proper form and in rhythm. See page 13 for qualifying standards.

Rationale: The right angle push-ups are recommended for upper body strength/endurance testing because the student's body weight has less effect than it does on pull-ups. Right angle push-ups provide a better indicator of the range of strength/endurance found in children and youth, whereas many are unable to do any pull-ups. Pull-ups remain an option for those students at higher levels of strength/endurance.

(continued on next page)

OR 4b. Flexed-Arm Hang

Alternative to pull-ups or right angle push-ups for National and Participant Physical Fitness Awards.

Students who cannot do one pull-up may do the flexed-arm hang in order to qualify for the National or Participant Physical Fitness Awards. To qualify for the Presidential Award, students are required to do pull-ups or right angle push-ups.

Objective: To maintain flexed-arm hang position as long as possible.

Testing: Using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body), student assumes flexed-arm hang position with chin clearing the bar. Students may be lifted to this position. Student holds this position as long as possible.

Scoring: Chest should be held close to bar with legs hanging straight. Timing is stopped when student's chin touches or falls below the bar. See page 13 for qualifying standards.

5. V-Sit Reach

Objective: To measure flexibility of lower back and hamstrings.

Testing: A straight line two feet long is marked on the floor as the baseline. A measuring line is drawn perpendicular to the midpoint of the baseline extending two feet on each side and marked off in half-inches. The point where the baseline and measuring line intersect is the "0" point. Student removes shoes and sits on floor with measuring line between legs and soles of feet placed immediately behind baseline, heels 8-12 inches apart. Student clasps thumbs so that hands are together, palms down and places



them on measuring line. With the legs held flat by a partner, student slowly reaches forward as far as possible, keeping fingers on baseline and feet flexed. After three practice tries, the student holds the fourth reach for three seconds while that distance is recorded.

Scoring: Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Students should be encouraged to reach slowly rather than "bounce" while stretching. Scores, recorded to the nearest half-inch, are read as plus scores for reaches beyond baseline, minus scores for reaches behind baseline. See page 13 for qualifying standards.

OR 5a. Sit and Reach

Objective: To measure flexibility of lower back and hamstrings.

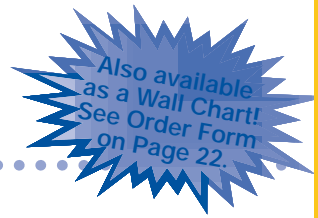
Testing: A specially constructed box with a measuring scale marked in centimeters, with 23 centimeters at the level of the feet. (Details for construction are available on the web site or by contacting the President's Challenge



office.) Student removes shoes and sits on floor with knees fully extended, feet shoulder-width apart and soles of the feet held flat against the end of the box. With hands on top of each other, palms down, and legs held flat, student reaches along the measuring line as far as possible. After three practice reaches, the fourth reach is held while the distance is recorded.

Scoring: Legs must remain straight, soles of feet against box and fingertips of both hands should reach evenly along measuring line. Scores are recorded to the nearest centimeter. See page 13 for qualifying standards.

Qualifying Standards



Please Note: Award standards were most recently validated in 1998 by means of comparison with a large nationwide sample collected in 1994.

The Presidential Physical Fitness Award



| | AGE | CURL-UPS (# one minute) | PARTIAL* OR CURL-UPS (#) | SHUTTLE RUN (seconds) | V-SIT REACH (inches) | SIT AND REACH (centimeters) | ENDURANCE RUN (min:sec) | PULL-UPS (#) | RT. ANGLE* OR PUSH-UPS (#) |
|-------|-----|-------------------------------|-----------------------------------|-----------------------------|----------------------------|-----------------------------------|----------------------------|-----------------|-------------------------------------|
| BOYS | 6 | 33 | 22 | 12.1 | +3.5 | 31 | 1:55 | 2 | 9 |
| | 7 | 36 | 24 | 11.5 | +3.5 | 30 | 1:48 | 4 | 14 |
| | 8 | 40 | 30 | 11.1 | +3.0 | 31 | 3:30 | 5 | 17 |
| | 9 | 41 | 37 | 10.9 | +3.0 | 31 | 3:30 | 5 | 18 |
| | 10 | 45 | 35 | 10.3 | +4.0 | 30 | 7:57 | 6 | 22 |
| | 11 | 47 | 43 | 10.0 | +4.0 | 31 | 7:32 | 6 | 27 |
| | 12 | 50 | 64 | 9.8 | +4.0 | 31 | 7:11 | 7 | 31 |
| | 13 | 53 | 59 | 9.5 | +3.5 | 33 | 6:50 | 7 | 39 |
| | 14 | 56 | 62 | 9.1 | +4.5 | 36 | 6:26 | 10 | 40 |
| | 15 | 57 | 75 | 9.0 | +5.0 | 37 | 6:20 | 11 | 42 |
| | 16 | 56 | 73 | 8.7 | +6.0 | 38 | 6:08 | 11 | 44 |
| | 17 | 55 | 66 | 8.7 | +7.0 | 41 | 6:06 | 13 | 53 |
| GIRLS | 6 | 32 | 22 | 12.4 | +5.5 | 32 | 2:00 | 2 | 9 |
| | 7 | 34 | 24 | 12.1 | +5.0 | 32 | 1:55 | 2 | 14 |
| | 8 | 38 | 30 | 11.8 | +4.5 | 33 | 3:58 | 2 | 17 |
| | 9 | 39 | 37 | 11.1 | +5.5 | 33 | 3:53 | 2 | 18 |
| | 10 | 40 | 33 | 10.8 | +6.0 | 33 | 9:19 | 3 | 20 |
| | 11 | 42 | 43 | 10.5 | +6.5 | 34 | 9:02 | 3 | 19 |
| | 12 | 45 | 50 | 10.4 | +7.0 | 36 | 8:23 | 2 | 20 |
| | 13 | 46 | 59 | 10.2 | +7.0 | 38 | 8:13 | 2 | 21 |
| | 14 | 47 | 48 | 10.1 | +8.0 | 40 | 7:59 | 2 | 20 |
| | 15 | 48 | 38 | 10.0 | +8.0 | 43 | 8:08 | 2 | 20 |
| | 16 | 45 | 49 | 10.1 | +9.0 | 42 | 8:23 | 1 | 24 |
| | 17 | 44 | 58 | 10.0 | +8.0 | 42 | 8:15 | 1 | 25 |

The National Physical Fitness Award



| | AGE | CURL-UPS (# one minute) | PARTIAL* OR CURL-UPS (#) | SHUTTLE RUN (seconds) | V-SIT REACH (inches) | SIT AND REACH (centimeters) | ENDURANCE RUN (min.:sec.) | PULL-UPS (#) | RT. ANGLE* OR PUSH-UPS (#) | FLEXED-ARM OR HANG (sec) |
|-------|-----|-------------------------------|-----------------------------------|-----------------------------|----------------------------|-----------------------------------|------------------------------|-----------------|-------------------------------------|-----------------------------------|
| BOYS | 6 | 22 | 10 | 13.3 | +1.0 | 26 | 2:21 | 1 | 7 | 6 |
| | 7 | 28 | 13 | 12.8 | +1.0 | 25 | 2:10 | 1 | 8 | 8 |
| | 8 | 31 | 17 | 12.2 | +0.5 | 25 | 4:22 | 1 | 9 | 10 |
| | 9 | 32 | 20 | 11.9 | +1.0 | 25 | 4:14 | 2 | 12 | 10 |
| | 10 | 35 | 24 | 11.5 | +1.0 | 25 | 9:48 | 2 | 14 | 12 |
| | 11 | 37 | 26 | 11.1 | +1.0 | 25 | 9:20 | 2 | 15 | 11 |
| | 12 | 40 | 32 | 10.6 | +1.0 | 26 | 8:40 | 2 | 18 | 12 |
| | 13 | 42 | 39 | 10.2 | +0.5 | 26 | 8:06 | 3 | 24 | 14 |
| | 14 | 45 | 40 | 9.9 | +1.0 | 28 | 7:44 | 5 | 24 | 20 |
| | 15 | 45 | 45 | 9.7 | +2.0 | 30 | 7:30 | 6 | 30 | 30 |
| | 16 | 45 | 37 | 9.4 | +3.0 | 30 | 7:10 | 7 | 30 | 28 |
| | 17 | 44 | 42 | 9.4 | +3.0 | 34 | 7:04 | 8 | 37 | 30 |
| GIRLS | 6 | 23 | 10 | 13.8 | +2.5 | 27 | 2:26 | 1 | 6 | 5 |
| | 7 | 25 | 13 | 13.2 | +2.0 | 22 | 2:21 | 1 | 8 | 6 |
| | 8 | 29 | 17 | 12.9 | +2.0 | 28 | 4:56 | 1 | 9 | 8 |
| | 9 | 30 | 20 | 12.5 | +2.0 | 28 | 4:50 | 1 | 12 | 8 |
| | 10 | 30 | 24 | 12.1 | +3.0 | 28 | 11:22 | 1 | 13 | 8 |
| | 11 | 32 | 27 | 11.5 | +3.0 | 29 | 11:17 | 1 | 11 | 7 |
| | 12 | 35 | 30 | 11.3 | +3.5 | 30 | 11:05 | 1 | 10 | 7 |
| | 13 | 37 | 40 | 11.1 | +3.5 | 31 | 10:23 | 1 | 11 | 8 |
| | 14 | 37 | 30 | 11.2 | +4.5 | 33 | 10:06 | 1 | 10 | 9 |
| | 15 | 36 | 26 | 11.0 | +5.0 | 36 | 9:58 | 1 | 15 | 7 |
| | 16 | 35 | 26 | 10.9 | +5.5 | 34 | 10:31 | 1 | 12 | 7 |
| | 17 | 34 | 40 | 11.0 | +4.5 | 35 | 10:22 | 1 | 16 | 7 |

The Participant Physical Fitness Award

Boys and girls who attempt all five items, but whose scores fall below the 50th percentile on one or more of them are eligible to receive the Participant Award.

*Norms from Canada Fitness Award Program, Health Canada, Government of Canada with permission.

Note: 1/4 and 1/2 mile norms from Amateur Athletic Union Physical Fitness Program with permission.



PHYSICAL FITNESS

THE PRESIDENT'S CHALLENGE PHYSICAL FITNESS SCORECARD

FOR THE ADMINISTRATOR

Name _____ School/Organization _____ Gender _____

Instructions: The Scorecard has been designed so that it may be copied onto heavy stock paper. If copied on both sides, this card will keep testing information for a student from age 6 through 17.

| | | TEST ____ | TEST ____ | TEST ____ | TEST ____ | TEST ____ |
|--|--------------|--|--|--|--|--|
| The President's Challenge Physical Fitness Events | | Date _____ Age _____ Grade _____ Ht. _____ Wt. _____ | Date _____ Age _____ Grade _____ Ht. _____ Wt. _____ | Date _____ Age _____ Grade _____ Ht. _____ Wt. _____ | Date _____ Age _____ Grade _____ Ht. _____ Wt. _____ | Date _____ Age _____ Grade _____ Ht. _____ Wt. _____ |
| 1. Curl-ups (# of reps. within 1 min.) or Partial Curl- ups (#) | Raw score | | | | | |
| | Level | Pr N Pa | Pr N Pa | Pr N Pa | Pr N Pa | Pr N Pa |
| 2. Shuttle Run (seconds xx.x) | Raw score | | | | | |
| | Level | Pr N Pa | Pr N Pa | Pr N Pa | Pr N Pa | Pr N Pa |
| 3. V-sit (inches) or Sit & Reach (centimeters) | Raw score | | | | | |
| | Level | Pr N Pa | Pr N Pa | Pr N Pa | Pr N Pa | Pr N Pa |
| 4. Endurance run/walk 1/4 mile 6-7 yr. old; 1/2 mile 8-9 yr. old; 1 mile 10-17 yr. old (min:sec) | Raw score | | | | | |
| | Level | Pr N Pa | Pr N Pa | Pr N Pa | Pr N Pa | Pr N Pa |
| 5. Pull-ups or Rt. Angle Push- ups (#) or Flexed- Arm Hang (sec) | Raw score | | | | | |
| | Level | Pr N Pa | Pr N Pa | Pr N Pa | Pr N Pa | Pr N Pa |
| AWARD EARNED (Check one & instructor sign) | PRES | | | | | |
| | NAT'L | | | | | |
| | PART | | | | | |
| COMMENTS | | | | | | |

Pr = Presidential N = National Pa = Participant

This form may be photocopied.

Entry Form

2001-2002 State Champion Physical Fitness Award

Complete the following information:

School name _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Type of School ☐ Elementary ☐ Jr. High ☐ Public
☐ Middle ☐ Sr. High ☐ Private



Deadline:

Entries must be postmarked by July 1, 2002.

No entries will be processed after this deadline.

A. Total Eligible Enrollment:* This figure must be the total number of pupils (male and female) ages 6 through 17 years enrolled in the school on May 9, 2002 or the last official day of school, if earlier.

**This includes any 6 year olds in kindergarten.*

B. Total Number Qualifying for Presidential Award: Number of pupils qualifying for the Presidential Physical Fitness Award during the 2001-2002 school year.

C. Percentage: Divide Total Eligible Enrollment figure (A) into Total Number Qualifying (B)

$$\frac{B}{A} \times 100 = \%$$

Category
Circle one

I II III

Boys Girls Total

| | | |
|--|--|--|
| | | |
|--|--|--|

Enter figures here

Boys Girls Total

| | | |
|--|--|--|
| | | |
|--|--|--|

Enter figures here

| |
|--|
| |
|--|

Enter total % here

Official Certification Must be Completed to Enter the Competition

I certify that the pupils qualifying were tested in strict adherence to The President's Challenge test and did score at or above the 85th percentile on each of the test items. The boys' norms were used to qualify boys and the girls' norms to qualify girls.

I have attached the class composite record indicating the scores of those pupils who ranked at or above the 85th percentile on each test.

Name of Physical Education Teacher or Dept. Chairperson (Type or Print)

Signature

I hereby certify that the above enrollment figure and number of students qualifying is correct.

Name of Principal (Type or Print)

Signature

School Telephone Number (including area code)

This form may be photocopied

To enter the State Champion Award Program
mail this completed form along with your list of presidential winners to:

The President's Challenge
Poplars Research Center, 400 E. 7th Street
Bloomington, IN 47405-3085

CATEGORIES

The State Champion Award is annually presented to three schools in each state, those in the following categories, with the largest percentage of their students qualifying for the **Presidential Physical Fitness Award (individual scores of the 85th percentile or higher on The President's Challenge):**

Category 1. Schools with 50-200 student enrollment*

Category 2. Schools with 201-500 student enrollment

Category 3. Schools with over 500 student enrollment

Only **Schools** will be considered for the State Champion Physical Fitness Award.

**no schools less than 50 students.*

AWARDS

Winning schools, in each of the three categories, will receive a distinctive award certificate, plus statewide—even nationwide, recognition for their outstanding achievement. Every student who helps their school win by qualifying for the Presidential Physical Fitness Award will receive an attractive embroidered State Champion Physical Fitness Award Emblem and a Student Certificate. Your school's participation in the State Champion program is free and highly encouraged.

NOTIFICATION

All schools entering the State Champion program will be notified on October 1, 2002. Winners will also be listed on the President's Challenge web site at www.indiana.edu/~preschal.

TO ENTER

State Champion Physical Fitness Award Guidelines:

- 1.) Complete your President's Challenge testing for the 2001-2002 school year.
- 2.) Complete the entry form for the 2001-2002 State Champion Physical Fitness Award (located on this page).
- 3.) Complete the Class Composite Record indicating the scores of all youth tested at 85% or better (located on page 16). Note: This form may be photocopied.
- 4.) Include the Full Name and Complete Test Scores of each student who scored at or above the 85th percentile on the Class Composite Record.
- 5.) **Only entries on the Class Composite Record sheet will be considered for the State Champion Physical Fitness Award.**
- 6.) **ENTRIES MUST BE POST-MARKED NO LATER THAN JULY 1, 2002.**

To protect the integrity of the program, the State Champion Award Guidelines listed above must all be followed.

Instructions for Health Fitness Program

For the sixth year in a row The President's Challenge is providing interested teachers and youth leaders with a health criterion-referenced award as an alternative to the traditional Physical Fitness Awards. This Health Fitness Award (HFA) can be earned by youngsters whose test scores meet or exceed the specified health criteria on each of the five items comprising The President's Challenge Health Fitness Test listed below. Award standards are based upon health-related criteria adapted from several sources as indicated in the table below.

While teachers may choose to administer both The President's Challenge Physical Fitness Test **and** The President's Challenge Health Fitness Test to their students, it is not intended that students should receive awards from both tests. Although if a teacher so chooses, both awards can be ordered. The PALA may be earned in conjunction with either the President's Challenge Physical Fitness or Health Fitness Award.

Health Fitness Test Items:

For use when qualifying students for the Health Fitness Award.

Use criterion referenced standards listed on this page.

1. Partial Curl-ups
See page 9
2. Endurance Run/Walk with distance option
See page 10
3. V-Sit Reach or Sit and Reach option
See page 12

4. Right Angle Push-ups or Pull-ups option
See page 11

5. Body Mass Index (BMI)

Objective: To estimate body composition

Testing: Determine total body weight (kilograms) and height (meters). Use Table to convert to BMI (page 18), or use formula:

$$\text{Wt (kg)} / \text{Ht (m)}^2$$

$$\text{Wt [2.2 lbs = 1 kg]} \quad \text{Ht [1 inch = 0.0254 m]}$$

Example: A 16 year old boy weighing 154 pounds (70 kg), and 68 inches tall (1.727 meters) has a BMI of:

$$\frac{70 \text{ kg}}{(1.727\text{m})^2} = \frac{70}{2.98} \approx 23.5 \text{ kg/m}^2$$

Based on the BMI range for a 16 year old boy listed in the table below; a BMI index of 23.5 puts this boy in the desirable range. Use the BMI chart (next page) for quick calculation.

Rationale: Body composition is an important component of physical fitness. Body mass index is one method to estimate this fitness component.



The Health Fitness Award

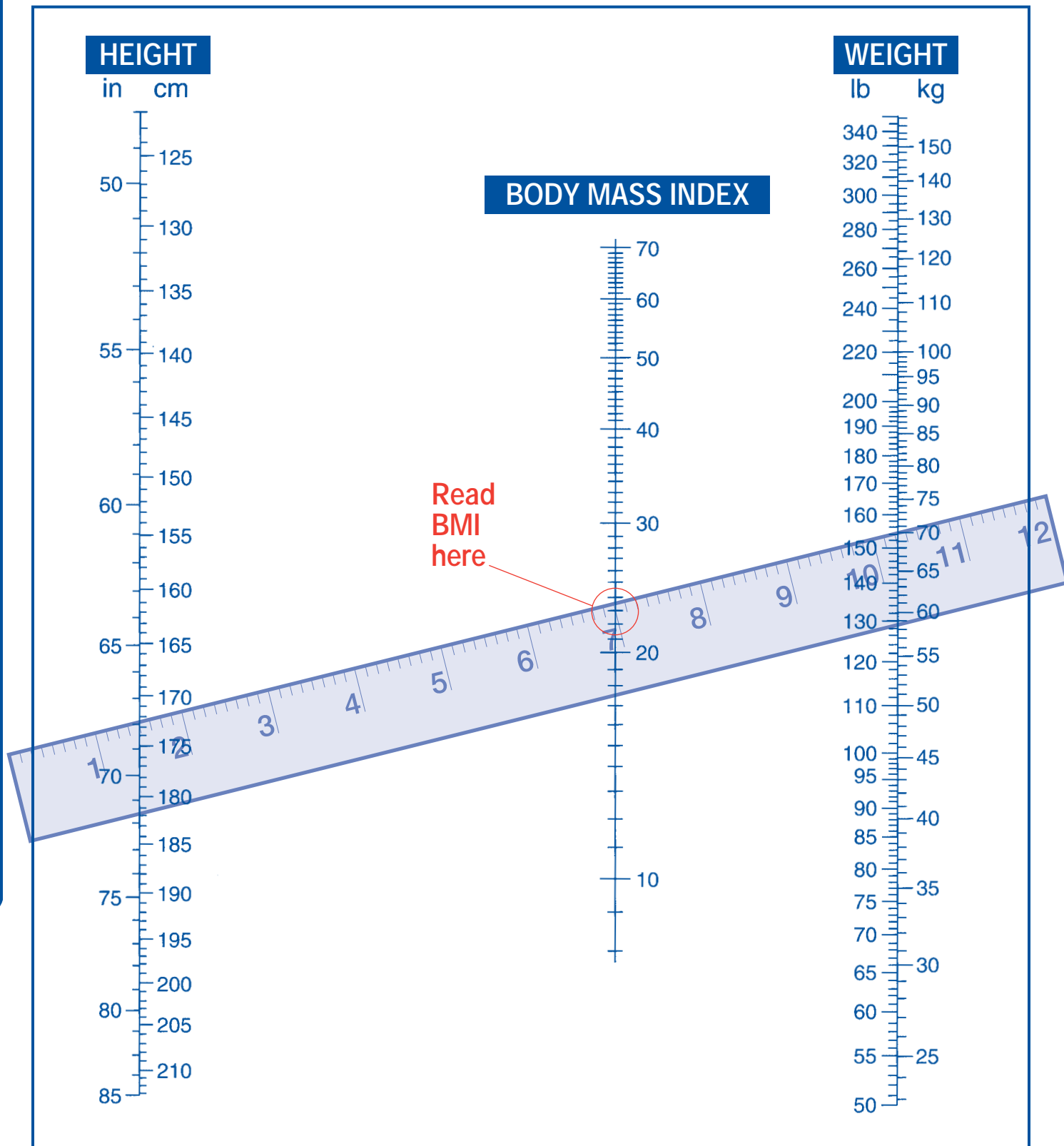


| | AGE | PARTIAL CURL-UPS (#) | ENDURANCE RUN (min:sec) | V-SIT REACH (inches) | OR | SIT AND REACH (centimeters) | RT. ANGLE PUSH-UPS (#) | OR | PULL-UPS (#) | BMI (range) |
|-------|-----|----------------------------|----------------------------|----------------------------|----|-----------------------------------|------------------------------|----|-----------------|----------------|
| BOYS | 6 | 12 | 2:30 | 1 | 21 | 3 | 1 | | | 13.3-19.5 |
| | 7 | 12 | 2:20 | | | | | | | 13.3-19.5 |
| | 8 | 15 | 4:45 | 1 | 21 | 5 | 1 | | | 13.4-20.5 |
| | 9 | 15 | 4:35 | | | | | | | 13.7-21.4 |
| | 10 | 20 | 9:30 | 1 | 21 | 7 | 1 | | | 14.0-22.5 |
| | 11 | 20 | 9:00 | | | | | | | 14.0-23.7 |
| | 12 | 20 | 9:00 | 1 | 21 | 9 | 2 | | | 14.8-24.1 |
| | 13 | 25 | 8:00 | | | | | | | 15.4-24.7 |
| | 14 | 25 | 8:00 | 1 | 21 | 12 | 3 | | | 16.1-25.4 |
| | 15 | 30 | 7:30 | | | | | | | 16.6-26.4 |
| | 16 | 30 | 7:30 | 1 | 21 | 16 | 5 | | | 17.2-26.8 |
| | 17 | 30 | 7:30 | | | | | | | 17.7-27.5 |
| GIRLS | 6 | 12 | 2:50 | 2 | 23 | 3 | 1 | | | 13.1-19.6 |
| | 7 | 12 | 2:40 | | | | | | | 13.1-19.6 |
| | 8 | 15 | 5:35 | 2 | 23 | 5 | 1 | | | 13.2-20.7 |
| | 9 | 15 | 5:25 | | | | | | | 13.5-21.4 |
| | 10 | 20 | 10:00 | 2 | 23 | 7 | 1 | | | 13.8-22.5 |
| | 11 | 20 | 10:00 | | | | | | | 14.1-23.2 |
| | 12 | 20 | 10:30 | 2 | 23 | 8 | 1 | | | 14.7-24.2 |
| | 13 | 25 | 10:30 | | | | | | | 15.5-25.3 |
| | 14 | 25 | 10:30 | 3 | 25 | 7 | 1 | | | 16.2-25.3 |
| | 15 | 30 | 10:00 | | | | | | | 16.6-26.5 |
| | 16 | 30 | 10:00 | 3 | 25 | 7 | 1 | | | 16.8-26.5 |
| | 17 | 30 | 10:00 | | | | | | | 17.1-26.9 |

Criterion standards listed above adapted from Amateur Athletic Union Physical Fitness Program; AAHPERD Physical Best; Cooper Institute for Aerobic Research, Fitnessgram; Corbin, C. & Lindsey, R., *Fitness for Life*, 4th edition; and YMCA Youth Fitness Test.

Body Mass Index

Directions: Use a ruler to connect the height column to the weight column and read the BMI number in the middle.



Example: Use same example as shown on page 17.

Modified with permission from David C. Nieman, *Fitness and Sports Medicine; A Health-Related Approach*, (3rd edition), Bull Publishing Co., Palo Alto, CA, 1995.

THE PRESIDENT'S CHALLENGE HEALTH FITNESS SCORECARD

FOR THE ADMINISTRATOR

Name _____ School/Organization _____ Gender _____

Instructions: The Scorecard has been designed so that it may be copied onto heavy stock paper. If copied on both sides, this card will keep testing information for a student from age 6 through 17.

TEST ____ TEST ____ TEST ____ TEST ____ TEST ____

| The President's Challenge Health Fitness Events | | Date ____ Age ____ Grade ____ Ht. ____ Wt. ____ | Date ____ Age ____ Grade ____ Ht. ____ Wt. ____ | Date ____ Age ____ Grade ____ Ht. ____ Wt. ____ | Date ____ Age ____ Grade ____ Ht. ____ Wt. ____ | Date ____ Age ____ Grade ____ Ht. ____ Wt. ____ |
|---|-----------|---|---|---|---|---|
| 1. Partial Curl-ups (number) | Raw score | | | | | |
| | Level | HF | HF | HF | HF | HF |
| | | | | | | |
| 2. Endurance run/walk 1/4 mile 6-7 yr. old; 1/2 mile 8-9 yr. old; 1 mile 10-17 yr. old (min:sec) | Raw score | | | | | |
| | Level | HF | HF | HF | HF | HF |
| | | | | | | |
| 3. V-sit (inches) or Sit & Reach (centimeters) | Raw score | | | | | |
| | Level | HF | HF | HF | HF | HF |
| | | | | | | |
| 4. Rt. angle push-ups or pull-ups (number) | Raw score | | | | | |
| | Level | HF | HF | HF | HF | HF |
| | | | | | | |
| 5. BMI | Raw score | | | | | |
| | Level | HF | HF | HF | HF | HF |
| | | | | | | |
| AWARD EARNED (Check one & instructor sign) | HF | | | | | |
| | | | | | | |
| COMMENTS | | | | | | |

HF = Health Fitness

This form may be photocopied.

Items Offered with the President's Challenge Program

- Presidential Active Lifestyle Award—Emblem and certificate with stickers (set of five in each strip).



Presidential Active Lifestyle Award Emblem
(Actual Size: About 3" square)



Presidential Physical Fitness Award Emblem + Magnet
(Actual Size: About 3" diameter)



National Physical Fitness Award Emblem + Magnet
(Actual Size: About 3" diameter)



Participant Physical Fitness Award Emblem + Magnet
(Actual Size: About 2 1/2" diameter)



Health Fitness Award Emblem
(Actual Size: About 3" diameter)

- Refrigerator Magnet for Presidential, National and Participant Award Winners (no numeral only).

- Presidential Physical Fitness Award—Emblem (1-12 or no numeral) and Certificate.

- National Physical Fitness Award—Emblem (no numeral only) and Certificate.

- Participant Physical Fitness Award—Emblem (no numeral only) and Certificate.

- Health Fitness Award—Emblem (no numeral only) and Certificate.

- Bumper Stickers for a proud parent of PALA, Presidential and National Award Winners.

- Physical Fitness Slide Chart for determining awards criteria for boys and girls of each age.

- Physical Fitness Scorecard and Health Fitness Scorecard for multiple test record keeping. FREE on pages 14 and 19. Just photocopy one for each student.

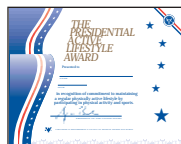
- The President's Challenge Instructor's Emblem: For those who administer any program of The President's Challenge Program.

- The *Get Fit!* Handbook for kids, ages 6-17

- The Awards Wall Chart

- President's Challenge Award T-Shirts (see page 23).

- The President's Challenge Pedometer for use with the Presidential Active Lifestyle Award (includes safety strap).



Presidential Active Lifestyle Certificate
(Actual Size: 8" x 10")



Presidential Physical Fitness Certificate
(Actual Size: 8" x 10")



National Physical Fitness Certificate
(Actual Size: 8" x 10")



Participant Physical Fitness Certificate
(Actual Size: 8" x 10")



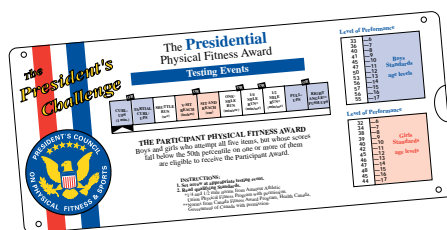
Health Fitness Certificate
(Actual Size: 8" x 10")



Strip of Stickers for Presidential Active Lifestyle Certificate



Bumper Stickers
(Actual Size: 3" x 12")



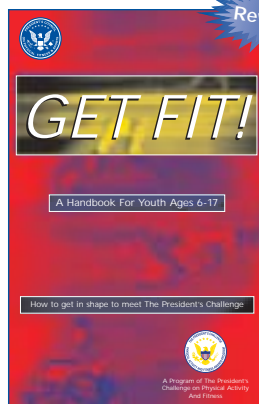
Slide Chart
(Actual Size: 4" x 9")



Instructor's Emblem
(Actual Size: About 3 3/4" diameter)



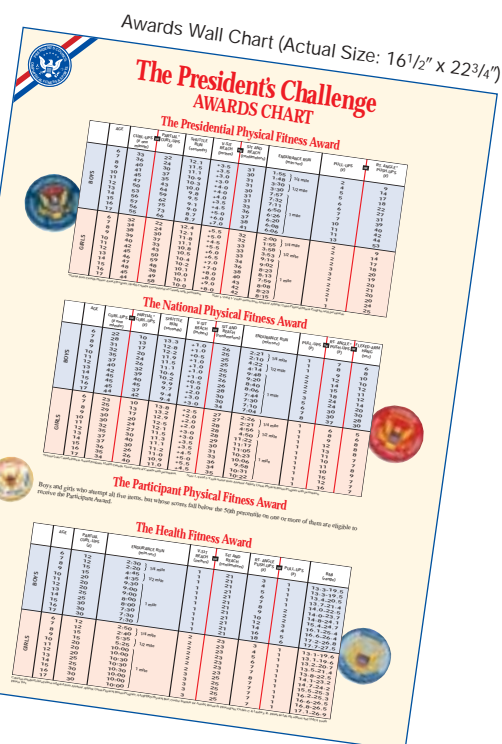
President's Challenge Pedometer
(Actual Size: 2" x 1 1/2")



Get Fit! Handbook
(Actual Size: 5 1/2" x 8 1/2")

Revised

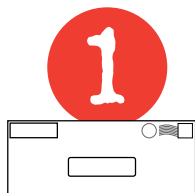
All items listed on this page can be ordered on page 22 of this booklet.



How to Order



Four Easy Ways To Order!



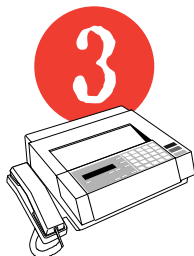
Order by Mail:

- Orders accepted YEAR ROUND!
The President's Challenge, Poplars Research Center, 400 E. 7th Street, Bloomington, IN 47405-3085
- Orders must be accompanied by payment or an official purchase order.
- Delivery Time: 18 days from receipt of order at our program office (please allow 5-7 days for U.S. mail delivery of your order to our program office!!)
For Example: If we receive your order at our program office on April 1st, you will receive your order on or before April 19th.
- Orders within the 48 contiguous states sent FedEx Ground ONLY.



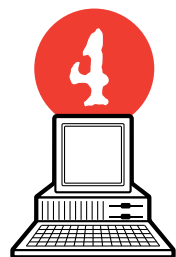
Order by Phone (1-800-258-8146):

- Orders accepted YEAR ROUND!
- To place orders OR if you have questions or inquiries.
- Business Hours: 8 AM to 5 PM Monday through Friday.
- Institutional purchase order or charge (MasterCard or Visa) requested for phone orders.
- Delivery Time: 18 days from receipt of order.
- Orders within the 48 contiguous states sent FedEx Ground ONLY.
- If you order by phone please **do not** send a confirming order as a duplication may result.



Order by Fax (1-812-855-8999):

- Orders accepted YEAR ROUND by FAX/24 hours a day. Orders must be completely filled out and a phone number included where you may be contacted.
- Institutional purchase order or charge (MasterCard or Visa) requested for all FAX orders.
- Delivery Time: 18 days from receipt of order.
- Orders within the 48 contiguous states sent FedEx Ground ONLY.
- If you order by fax please **do not** send a confirming order as a duplication may result.



Order Online (<http://www.indiana.edu/~preschal>):

- Orders accepted YEAR ROUND via the Internet/24 hours a day/365 days per year.
- Delivery Time: 18 days from receipt of order.
- Orders within the 48 contiguous states sent FedEx Ground ONLY.
- If you order online please **do not** send a confirming order as a duplication may result.

Rush Orders: *Extra Charge*

- Delivery Time: Four business days from receipt of order at our program office.
For Example: If we receive your order at our program office on a Monday, you will receive your order on or before Friday.
- Rush orders sent FedEx Express Two Day Air Only!
- Cost: To place a RUSH order, just add in 25% of the sub-total or \$25.00 (**whichever is greater**) on the appropriate line of the order form.

Please order early!

Policies

- International Orders Policy: All international orders shipped U.S. Postal Service. No international rush orders accepted.
- Incomplete Order Policy: Upon receipt of your order, please verify contents for accuracy. If your order is incomplete please contact the program office immediately.
- Refund Policy: Sorry, no refunds or exchanges for award materials. Exception—**Certificates bearing signatures of former presidents will be exchanged at no cost. Be sure to send your address when exchanging certificates.**

The 2001-2002 President's Challenge Program Order Form

Ship to:

Name (Required) _____

School/Organization _____

Address _____
(Sorry, no P.O. boxes)

City _____ State _____ Zip Code _____

E-mail _____

Phone Number (_____) _____

Bill to:

Name (Required) _____

School/Organization _____

Address _____

City _____ State _____ Zip Code _____

Phone Number (_____) _____

Mailing address for orders and inquiries:

The President's Challenge
Poplars Research Center
400 E. 7th Street, Bloomington, IN 47405-3085

1-800-258-8146
(Toll-Free Number)

☐ Check # _____☐ Money Order # _____☐ Card Number _____
(Only MasterCard and Visa accepted)

Signature: _____ Exp. Date: _____

☐ Bill us (institutional purchase orders only).

Purchase Order # _____

Please fill out the section below

(To help us expedite your order please fill out completely.)

1.) School: ☐ Elementary ☐ Middle ☐ Junior High ☐ Senior High
☐ Homeschool ☐ Not a school (skip to Question 5)2.) How is your school or agency classified? ☐ Public ☐ Private

3.) What is your school's approximate enrollment? _____

4.) Does your School District require you to use
The President's Challenge program? ☐ Yes ☐ No

5.) How many youth participated? Males _____ Females _____

6.) How many qualified for each award?
PALA Presidential National Participant HFA Revised

Male _____

Female _____

7.) How many students with disabilities participated? _____

How many students with disabilities qualified
for each award? PALA _____

Presidential _____

National _____

Participant _____

HFA _____

8.) How did you learn about the program? (Please check ONE)

a) Direct Mail ☐ d) National Convention ☐b) Contact by Phone ☐ e) Fellow teacher ☐

c) Media: _____ or administrator

TV ☐ f) Professional association ☐Newspaper ☐ g) World Wide Web ☐Magazine ☐ h) Other _____ ☐9.) Are you a previous user? ☐ Yes ☐ No

If yes, how many years? _____

| Description | Unit Price | Quantity | Amount |
|---|-------------------|----------|--------|
| Presidential Active Lifestyle Awards: | | | |
| PALA Set (emblem, certificate, stickers)(100) | \$01.75 | | |
| PALA Certificate | (110) \$00.50 | | |
| PALA Stickers | (120) \$00.30 | | |
| PALA Bumper Stickers | (130) \$00.25 | | |
| President's Challenge Pedometer | (140) \$15.00 | | |
| Presidential Physical Fitness Awards: | | | |
| 1st Year Presidential Emblem | (001) \$01.50 | | |
| 2nd Year Presidential Emblem | (002) \$01.50 | | |
| 3rd Year Presidential Emblem | (003) \$01.50 | | |
| 4th Year Presidential Emblem | (004) \$01.50 | | |
| 5th Year Presidential Emblem | (005) \$01.50 | | |
| 6th Year Presidential Emblem | (006) \$01.50 | | |
| 7th Year Presidential Emblem | (007) \$01.50 | | |
| 8th Year Presidential Emblem | (008) \$01.50 | | |
| 9th Year Presidential Emblem | (009) \$01.50 | | |
| 10th Year Presidential Emblem | (010) \$01.50 | | |
| 11th Year Presidential Emblem | (011) \$01.50 | | |
| 12th Year Presidential Emblem | (012) \$01.50 | | |
| No Numeral Presidential Emblem | (013) \$01.50 | | |
| Presidential Award Certificate | (014) * | | |
| Presidential Award Certificate | (015) \$00.50 | | |
| National Emblem | (020) \$01.25 | | |
| National Award Certificate | (021) \$00.25 | | |
| Participant Emblem | (022) \$00.75 | | |
| Participant Certificate | (023) \$00.25 | | |
| Presidential Magnet | (041) \$00.75 | | |
| National Magnet | (042) \$00.75 | | |
| Participant Magnet | (046) \$00.50 | | |
| Presidential Bumper Sticker | (043) \$00.25 | | |
| National Bumper Sticker | (044) \$00.25 | | |
| Health Fitness Awards: | | | |
| Health Fitness Emblem | (024) \$01.25 | | |
| Health Fitness Certificate | (025) \$00.25 | | |
| President's Challenge Instructor Emblem | (040) \$01.75 | | |
| Slide Chart | (045) \$03.00 | | |
| 2001-2002 Poster (16 1/2" x 22") | (050) \$01.00 | | |
| Awards Wall Chart (16 1/2" x 22 3/4") | (051) \$01.00 | | |
| Get Fit! Handbook (Qty of 1-99) | ea. (060) \$01.25 | | |
| Get Fit! Handbook (Qty of 100+) | ea. (061) \$01.00 | | |
| Official Student Award T-Shirts (bring total forward from page 23) | | | |

Shipping & Handling:

(Foreign orders must be prepaid
in U.S. currency.)

Less than \$10.00 = \$4.00

\$10.00-\$24.99 = \$5.00

\$25.00-\$49.99 = \$6.00

\$50.00-\$99.99 = \$7.00

\$100 or more = 8% of subtotal

Sub-Total

(+)

Rush Charge
(25% of Sub-Total or \$25.00
whichever is greater)

(+)

Shipping & Handling

(+)

GRAND TOTAL

*With each Presidential Emblem order,
you receive a free Presidential Award
Certificate. If you need additional
Presidential Certificates without a
Presidential Emblem, they are available
for \$.50 each (see item "Presidential
Award Certificates"-Code 015).

Don't forget to
include your T-Shirt
Order Form!

Please Note: Please allow 18 days from receipt of your order
at our program office for delivery of your awards. Prices
effective September 1, 2001.

This form may be photocopied.

Official Student Award T-Shirts



A PRESIDENTIAL ACTIVE LIFESTYLE AWARD T-SHIRT

Oxford grey with silkscreened logo on chest.
Youth Medium - Large or Adult Small - XX-Large

B PRESIDENTIAL PHYSICAL FITNESS AWARD T-SHIRT

Royal blue with silkscreened logo on chest.
Youth Medium - Large or Adult Small - XX-Large

C NATIONAL PHYSICAL FITNESS AWARD T-SHIRT

Red with silkscreened logo on chest.
Youth Medium - Large or Adult Small - XX-Large

D PARTICIPANT PHYSICAL FITNESS AWARD T-SHIRT

White with silkscreened logo on chest.
Youth Medium - Large or Adult Small - XX-Large

E HEALTH FITNESS AWARD T-SHIRT

Navy blue with silkscreened logo on chest.
Youth Medium - Large or Adult Small - XX-Large

NOTE: All student award t-shirts are 5.6 oz. 100% preshrunk cotton. See size and price charts below.

| PRICING | | | | |
|-------------|------|-------|--------|------|
| Quantity | 1-11 | 12-23 | 24-143 | 144+ |
| Youth M-L | 7.35 | 6.60 | 6.10 | 5.75 |
| Adult S-2XL | 8.50 | 7.75 | 7.25 | 6.90 |

| Size Chart | S | M | L | XL | XXL |
|-----------------|-------|-------|-------|-------|-----|
| Mens | 34-36 | 38-40 | 42-44 | 46-48 | 50 |
| Womens (Bust) | 34-36 | 38-40 | 42-44 | N/A | N/A |
| Womens (Blouse) | 10-12 | 14-16 | 18-20 | N/A | N/A |
| Youth | N/A | 10-12 | 14-16 | N/A | N/A |

To place t-shirt orders phone 800-258-8146 or use order form on page 22. Please include this page if using the order form.

Student Award Shirts

| Description | Code | Color | S | M | L | XL | 2XL | Total Quantity | 1-11 | 12-23 | 24-143 | 144+ | Total |
|------------------------------|------|------------|-----|---|---|-----|-----|----------------|------|-------|--------|------|-------|
| Adult PALA Tee | 060 | Grey | | | | | | | 8.50 | 7.75 | 7.25 | 6.90 | |
| Youth PALA Tee | 061 | Grey | n/a | | | n/a | n/a | | 7.35 | 6.60 | 6.10 | 5.75 | |
| Adult Presidential Award Tee | 070 | Royal Blue | | | | | | | 8.50 | 7.75 | 7.25 | 6.90 | |
| Youth Presidential Award Tee | 071 | Royal Blue | n/a | | | n/a | n/a | | 7.35 | 6.60 | 6.10 | 5.75 | |
| Adult National Award Tee | 072 | Red | | | | | | | 8.50 | 7.75 | 7.25 | 6.90 | |
| Youth National Award Tee | 073 | Red | n/a | | | n/a | n/a | | 7.35 | 6.60 | 6.10 | 5.75 | |
| Adult Participant Award Tee | 074 | White | | | | | | | 8.50 | 7.75 | 7.25 | 6.90 | |
| Youth Participant Award Tee | 075 | White | n/a | | | n/a | n/a | | 7.35 | 6.60 | 6.10 | 5.75 | |
| Adult Health Fitness Tee | 080 | Navy | | | | | | | 8.50 | 7.75 | 7.25 | 6.90 | |
| Youth Health Fitness Tee | 081 | Navy | n/a | | | n/a | n/a | | 7.35 | 6.60 | 6.10 | 5.75 | |

Total to be transferred to page 22

Please contact our office for return and exchange authorizations.

Health and Fitness Resources



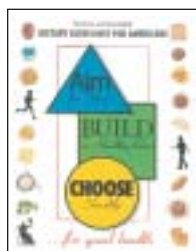
Spanish Booklet

The President's Challenge Program Packet is available in a Spanish version. You can order a free copy by calling our office at 800-258-8146 or requesting one from our website: www.indiana.edu/~preschal.



Get Fit!

The Get Fit! booklet for youth ages 6-17 has just been updated for the 2001-2002 school year. This booklet is a great way for them to find out all about the President's Challenge. It also gives information on all three program areas as well as gives tips on how to earn the awards. You can order copies of this booklet by any of the four ways listed on page 21.



Dietary Guidelines for Americans

This 40 page booklet will tell you how to "Aim for fitness . . . Build a healthy base . . . and Choose sensibly for good health." For ordering information contact the Government Printing Office Superintendent of Documents, Mail Stop: SSOP, Washington, DC 20402-9328.



Promoting Better Health for Young People through Physical Activity and Health

This report to the President from the Secretary of Health and Human Services and the Secretary of Education outlines strategies designed to promote lifelong participation in physical activity and sports. The full report is available online at www.fitness.gov or hard copy from the CDC at Healthy Youth, P.O. Box 8817, Silver Spring, MD 20907. Phone 888-231-6405.



PCPFS Research Digest

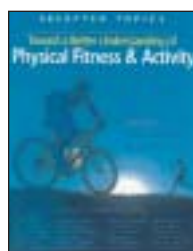
This quarterly publication discusses current research in the field of physical activity and fitness. The Research Digest is now available in a downloadable version online at <http://www.indiana.edu/~preschal/digests/digest.html>. You can also sign up to be

notified when each issue of the digest is available to view online. To subscribe: send an e-mail to majordomo@indiana.edu. Leave the subject line blank. In the text of the message type the following: subscribe pcpfstdigest (make sure to turn off or delete any automatic footers).



Fitness is fun!

This monthly e-mail will keep you informed on the President's Challenge, activities of the President's Council on Physical Fitness and Sports, and on current topics in health and fitness. To subscribe: send an e-mail to majordomo@indiana.edu. Leave the subject line blank. In the text of the message type the following: subscribe fitnessisfun (make sure to turn off or delete any automatic footers).



Toward a Better Understanding of Physical Fitness & Activity

This publication is a compilation of papers previously published in the PCPFS Research Digest and is an excellent source of information on all areas of fitness. For more information, or to order a copy, please visit the Holcomb-Hathaway website at <http://www.hh-pub.com/> or call 480-991-7881.



Healthy People in Healthy Communities

This booklet developed by the Office of Disease Prevention and Health Promotion in the US Department of Health and Human Services provides information and resources for community leaders to improve the level of health in their communities. For ordering information contact the Government Printing Office Superintendent of Documents, Mail Stop: SSOP, Washington, DC 20402-9328.



The President's Challenge Pedometer

These pedometers will count the number of steps taken in a day. They are great for use with the Presidential Active Lifestyle Award or just for fun! You can utilize the order form on page 22 of this brochure to purchase one or multiple quantities for your students.

Websites

For more information on the President's Challenge Physical Activity and Fitness Awards Program please visit our website at www.indiana.edu/~preschal.

For more information on the President's Council on Physical Fitness and Sports please visit their website at www.fitness.gov.

Software

FitnessTracker 3.0 www.msfitnesstracker.com

The official software of the President's Challenge

With FitnessTracker 3.0, you can now keep track of your students' scores on your desktop computer. This software allows you to:

- Qualify participants for the Physical Fitness or Health Fitness Awards
- Automatically calculate award levels for students
- Keep track of your students from year to year and follow their scores through all ages and grade levels
- Print out results of each student's scores and provide recommendations on how to improve scores in the future
- Print out charts of current standards for males and females of all ages
- Provide results and percentages of those achieving various award levels
- Group students into classes before entering results for faster data entry

Hardware Requirements

- PC with Pentium-class or faster processor
- Microsoft Windows® 95, Windows® 98, Windows® 2000, Microsoft Windows ME, or Windows NT® 4.0 (with Service Pack 3 or greater)
- 16 MB of RAM for Windows® 95 or Windows® 98
- 32 MB of RAM for Windows NT®, Windows® 2000 or Windows ME
- 30 MB hard disk space
- CD-ROM drive for installation

Pricing and Licensing

(S&H \$10.95 for 1st copy, \$4.95 ea. add'l copy)

Cost for *FitnessTracker 3.0* is \$99.95 for each of the first three copies and \$89.95 for each additional copy.

FitnessTracker 3.0 is provided with a school site license. This entitles the purchasing school to use the software on any of its computers or those owned by its staff, but only for students of that school. Visit the MicroServices Web site at www.msfitnesstracker.com to find out more and to see actual screenshots from the software. Visit the *FitnessTracker* web site at www.msfitnesstracker.com for information about upgrading to the new 3.0 version.

Send your software order to:

MicroServices
14 Harmony Lane
Denville, NJ 07834-2451

For questions and additional purchasing information contact:

Phone: (973) 627-1781
E-mail: support@msfitnesstracker.com

FitnessTracker 3.0 Order Form

Ship to:

Name _____

School/Organization _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Number of copies _____ x \$ _____ = \$ _____

S&H (\$10.95 1st copy) \$ 10.95

(\$4.95 ea add'l copy) \$ _____

Total \$ _____

First three copies @ \$99.95 ea.
Additional copies @ \$89.95 ea.

S&H (\$10.95 1st copy;
\$4.95 ea add'l copy)

Bill to:

Name _____

School/Organization _____

Address _____

City _____ State _____ Zip _____

Phone (_____) _____

☐ Check No. _____ ☐ Money Order No. _____

☐ Purchase Order No. _____

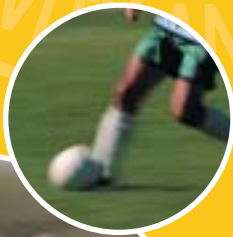
"I have been waiting for this for a long time! Thank you . . . this is GREAT!"

—Pat Weiland, Physical Education Instructor, Ft. Thomas, KY

“Sport is clearly one of the happier inventions of the human mind—one can think of few activities that yield so much pleasure and so many benefits. . . .

For these reasons, I would strongly urge every American to find a sport that he or she enjoys. Those who do so will be making a sound investment in future health and happiness.”

—President Ronald Reagan,
in a letter to the President's Council
on Physical Fitness and Sports



THE PRESIDENT'S COUNCIL
ON PHYSICAL FITNESS
AND SPORTS
200 Independence Ave., SW
Room 738H
Washington, DC 20201
Web Site www.fitness.gov

THE PRESIDENT'S CHALLENGE
400 East 7th Street
Bloomington, IN 47405-3085
Phone 1-800-258-8146
Web Site www.indiana.edu/~preschal
E-mail Address preschal@indiana.edu

